

Corn O'Brian³⁵⁰

Number of Servings: 350 (85.92 g per serving)

| Amount | Measure | Ingredient |
|--------|---------|--|
| 11.00 | gal | Corn, plain, fzn |
| 5 1/4 | qt | Onion, white, fresh, chpd |
| 7.00 | cup | Pimentos, cnd |
| 3 1/2 | qt | Mushrooms, cnd, drained, pces/slices |
| 3 1/2 | cup | Margarine, soft, hydrog & reg soybean oil, Gold n Soft |

Nutrients per serving

| Nutrition Facts | |
|--|---------------------------|
| Serving Size (86g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 80 | Calories from Fat 20 |
| % Daily Value* | |
| Total Fat 2g | 3% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 45mg | 2% |
| Total Carbohydrate 14g | 5% |
| Dietary Fiber 2g | 8% |
| Sugars 3g | |
| Protein 2g | |
| Vitamin A 4% | Vitamin C 10% |
| Calcium 0% | Iron 0% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories 2,000 2,500 |
| Total Fat | Less Than 65g 80g |
| Saturated Fat | Less Than 20g 25g |
| Cholesterol | Less Than 300mg 300 mg |
| Sodium | Less Than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Notes

- * chop and measure onions, dice and measure drained pimento
- * diced green peppers may be substituted for mushrooms

Cook corn, onion, pimentos, and mushrooms covered with small amount of water on medium heat. Slowly bring to a boil. Stir bring to a boil again, turn down heat and simmer 15 minutes. Stir in margarine.

To serve 1/2 cup serving, use 4 oz spoodle or #8 scoop = 1 vegetable serving.